

## Clothing List

The following list is based on our experience with the variability of New England winters, and the wide range of the metabolisms and comfort levels of the people we guide. We run fun and safe tours in temperatures ranging from -20F to +40F! If you already know that you are someone who gets cold easily, bring extras. If you find that cold rarely bothers you, please consider this list a minimum; depending on the weather you may not use everything you bring, but you will be safer and more comfortable for having brought it. We want everyone's experience with us and our dogs to be the best possible!

<input type="checkbox"/>	1 set long underwear (top & bottom)	Light- or mid-weight. Synthetic is best, silk is okay. Please, no cotton!
<input type="checkbox"/>	2-3 warm shirts, sweaters or vests that can be layered together	Fleece or wool is best. Many light layers is warmer than a big thick layer because they trap warm air between them as well as within.
<input type="checkbox"/>	1 winter jacket with hood	A skiing or other jacket that is windproof and comfortable to move in.
<input type="checkbox"/>	1-2 pairs of pants	Insulated ski pants work fine over long underwear, or use wind or running pants over fleece or wool pants.
<input type="checkbox"/>	1-2 hats	Should cover your ears when you pull it down. If you bring two, one can be a balaclava: a hood-shaped hat that covers your neck.
<input type="checkbox"/>	1 scarf or neck gaiter	Only necessary if you do not bring a balaclava (see above)
<input type="checkbox"/>	1-2 pairs of gloves or mittens	Insulated with a snow- and windproof shell.
<input type="checkbox"/>	1-2 pairs of socks	A thick pair with or without a thinner liner underneath. The combination is warmer, but only if they fit inside your boots well. If they make your boots tight--even a little--you'll be cold.
<input type="checkbox"/>	1 pair of boots	Insulated winter boots. Designs for hunting, snowshoeing, snowmobiling or winter hiking work well. Make sure they are not a bit tight with the socks you wish to wear.
<input type="checkbox"/>	1 insulated water bottle	A double-walled Thermos-type, or a regular water bottle filled with warm water and wrapped in a spare wool sock, foam rubber and duct tape, or similar—be creative!
<input type="checkbox"/>	1 pair sunglasses or ski goggles	These protect your eyes from the glare of the sun bouncing off the snow and snow that gets kicked up sometimes by the dogs' feet.
<input type="checkbox"/>	1 camera or video recorder (optional)	Batteries drain fast in cold weather, so bring a spare set you can keep warm in your pocket
<input type="checkbox"/>	Medications	We provide a basic first aid kit. Please bring any medications you require or may require. Don't forget to inform us of any health conditions that may affect you during the day.

Please let us know if you have trouble finding or purchasing any of these items so we can make suggestions!